

November 2021

# Carver Council on Aging

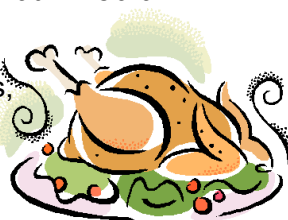
## What's Inside for November

### Thanksgiving Turkey Luncheon

Wednesday, November 17th at 11:30 am

Come join us for a delicious meal of turkey, gravy, stuffing, mashed potatoes, green beans, butternut squash, cranberry sauce plus rolls & butter, all served by members of the Carver Police Department who provide the turkeys and pies! *Plus, drawings for gift cards and prizes will be held by the Friends of Carver COA.*

**A limited number of dinner tickets at \$5 each go on sale starting Monday, November 1st with Head Cook June in the Nutrition Center.**



### The Journey of the Pilgrims

presented by Richard Nichols

Tuesday, November 9th at 12:30 pm

History enthusiast Richard Nichols has done extensive research on the Pilgrims both here and abroad. Learn the fascinating details of the hardships the Pilgrims endured during their migration to America over 400 years ago.

**Please register at 508-866-4698 x3.**



### Book Sale Fundraiser

Sponsored by the Friends of Carver COA

Saturday, November 20th,  
9:00 am - 1:00 pm

Come support the Friends of the Carver Council on Aging! Find some great books for the bargain price of **4 books for \$1!** Puzzles will be for sale as well! The funds raised will go toward supporting the COA crafts, activities, performances and trips for all of the seniors in the community.

Join the Friends! Membership is only \$10!

**For more information call 508-866-4698 x3**



### Free Lunch for Senior Veterans

Wednesday,  
November 10th  
at 11:30 am

In honor of Veteran's Day, show your military ID in the Nutrition Center of the COA to enjoy a free lunch in recognition of your selfless service and dedication to our Country.

**Please call the Nutrition Center at 508-866-4698 x4 to make a reservation. Thank you!**



## The Friends of the Carver COA Holiday Craft Fair

Saturday, December 4th, 9:00 am-1:00 pm

*Find unique homemade gifts for everyone on your holiday shopping list! Handmade Jewelry, Knitting /Crocheting, Holiday Decor, Baskets, Candles Home Textiles, Country Crafts and the Friends of the COA Bake Sale.*

*Coffee and donuts will be available for purchase as well.*

**FREE \*professional photos with Mr. & Mrs. Claus!**

**Plus activities for the kids!**

**Drawings for Gift Baskets & Gift Cards!**



*\*\*Photos by JoLittig\*\**

#### COUNCIL ON AGING

Monday -Thursday  
9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver  
**508-866-4698**

#### COA DIRECTOR

Connie Kelly  
Monday-Friday  
8 AM-4 PM

**508-866-4698 x3**  
connie.kelly@carverma.gov

#### BOARD OF DIRECTORS

Donna Marie Forand-Chair  
Claudia Miller-Vice Chair  
Helen Marrone-Secretary  
Savery Moore  
Elaine Raymond  
Stephanie Clougherty Alt.  
Paula Hitchcock Alt.

#### FRIENDS OF THE CARVER COA

Ron Clarke - President  
Paul M Kelly -Vice President  
Madeline Joyce -Treasurer  
Jackie Rogerson - Secretary  
**508-866-4698**

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

# GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

## PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

**Call in advance to CANCEL a reservation.**

*Messages can be left after hours.*

**DO NOT call the drivers directly!**

**MASKS ARE STILL REQUIRED ON PUBLIC TRANSPORTATION**

## SHOPPING SCHEDULE

### SUPERMARKET RUNS

**Wednesdays 12:30 pm** ..... Market Basket

**Thursdays 9:30 am** - 1st & 3rd - Walmart / Wareham  
2nd & 4th - Walmart / Plymouth

**Fridays 9:30 am** ..... Shaw's



### FRIDAY HOLIDAY SHOPPING 12:30 PM - 4:00 PM

November 12th ..... Kohl's/Plymouth

November 19th ..... Target/Wareham

December 3rd ..... Kohl's/Plymouth

December 10th ..... Target/Wareham

December 17th ..... Kohl's/Plymouth

## GATRA Bus FAQs

### What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

### What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

### How do I schedule a ride?

Call **508-866-4698 x-1** **prior to 12 pm the day before.**

### IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

### Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

## LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

## COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

## VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**. *Meet with Mark at the COA monthly every 4th Thursday.*

## LEGAL ADVICE AT THE COA

Attorney-At-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

## ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time.

## FRIENDS OF THE CARVER COUNCIL ON AGING

**Annual membership is \$10** which supports COA activities, events, performances and trips!

*Checks can be sent to:* Friends of the Carver COA, PO Box 72, Carver, MA 02330, Attn: Madeline Joyce.

## SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551**

to see if you can schedule an appointment.

## STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to schedule an appointment.

## WEEKLY WELLNESS CLINICS

Carver EMS is providing weekly blood pressure clinics as well as monthly glucose and cholesterol screenings every Tuesday from 9:30 am -11:30 am. Drop-in.

## HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.

## CARVER BOARD OF DIRECTORS MEETING

Thursday, November 18th at 4:30 pm, Town Hall, Rm 1.

The Plymouth County Sheriff Department's **Free Safety**

**Assurance program** is a computerized phone system that places a call to a participant at a pre-arranged time each day.

Calls are received between 6 am and noon.

**To enroll, call 508-830-6256.**



## GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

**508-866-4698 x 1**

## OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Coordinator

Tuesday - Thursday

9 AM - 3 PM

**508-866-4698 x 2**

## NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

**508-866-4698 x 4**

Lunch weekdays at 11:30

## WEEKLY ACTIVITIES

### CHAIR YOGA

with Mary Wilson of Wild Divinity Yoga  
Mondays, November 1st, 8th, 15th,  
22nd & 29th. **New time 10:00 am -  
11:00 am.** Suggested \$5 donation.  
Register at 508-866-4698 x-3.

### OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm.  
Call to register at 508-866-4698 x3.

### ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays  
at 5 pm. Register 508-866-4698 x3.

### RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

**BINGO** Every Thursday at 12:30 pm  
(Arrive by 12:15 pm to buy games)

## MONTHLY ACTIVITIES

### COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am  
meet Police Chief, Marc Duphily.

### SINGO - MUSICAL BINGO

with Jim the DJ Guy on the *first*  
Monday of every month - 12:00 pm.

**BASKET WEAVING** w/ Patty Batson.  
1st & 3rd Tuesdays at 12:30 pm and  
1st & 3rd Fridays at 9:30 am. **\$15 per  
class.** Register at 508-866-4698 x3

### LINE DANCING CLASS

with David & Marcia Burbank  
Sponsored by the Friends  
Friday, November 5th & 12th, 1:00 pm.  
**Cost: \$5 Please register at 508-866-  
4698 x3. Class size is limited**

### BEREAVEMENT SUPPORT GROUP

(No meeting this month due to the  
Thanksgiving holiday)

### MEET & GREET WITH HEIDI

Tuesday, November 16th at 10:00 am  
in the Small Meeting room of the  
Carver Public Library. Drop-in to meet  
COA Outreach Coordinator, Heidi  
Lufkin-Miles, to discuss any questions  
or concerns you may have.

### iPAD INSTRUCTION w/ Lydia Nelson

Tuesday, November 23rd at 10:00 am  
Please register at 508-866-4698 x3.

## WHAT'S HAPPENING THIS MONTH

### WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am  
Please register 508-866-4698 x3.  
Supplies may be limited.



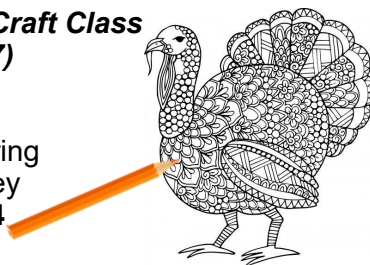
Painted  
Thankful Stone  
11/3

Embellished  
Serving Tray  
11/10



(No Craft Class  
11/17)

Adult  
Coloring  
Turkey  
11/24



### GOOD GRIEF - INTERACTIVE GRIEF WORKSHOP

Facilitated by Dannie Engwert,  
author of the book "Good Grief".  
Friday, November 12th  
from 10:00 am to 11:30 am



Dannie has  
used the  
creative  
process  
of turning  
found items  
into mandalas  
(circular  
designs with  
unifying  
centers) as a form of therapy working  
through the grief of loss. Participants  
in her workshops have discovered a  
way to start shifting sadness into  
hope. Register at 508-866-4698 x3.

### HEARTY HARVEST PANCAKES

with Nutritionist  
Ally Littlefield  
Tuesday,  
November 16th  
at 10:00 am



Discover a new breakfast recipe  
packed with flavor and nutrition. Serve  
these hearty pancakes with syrup or  
seasonal fruit! **Please register 508-  
866-4698 x3.**

### RED CROSS EMERGENCY PREPAREDNESS

Presented by Laura Rosenthal  
Tuesday, November 30th at 10:00  
am. Being "Red Cross Ready" is as  
easy as 1-2-3!

1. Learn survival kit essentials.
2. Make an emergency plan.
3. Become informed about the types  
of emergencies to expect.

**Please register 508-866-4698 x3.**

### THE SOUND OF MUSIC INTERACTIVE MOVIE EVENT



Tuesday,  
November 30th  
at 12:30 pm. Join us for a fun, sing-  
along showing of the classic favorite  
movie, The Sound of Music! The  
perfect way to start off the holiday  
season! **Register at 508-866-4698 x3.**

### SHINE NEWS

Medicare Open Enrollment runs  
**October 15 - December 7 :**

- Join a new Medicare Advantage Plan or Part D prescription drug plan.
  - Switch from Original Medicare to a Medicare Advantage Plan
  - Switch from a Medicare Advantage Plan to Original Medicare (with or without a Medigap Plan)
- Please email for an appointment  
to: shine.marcolini@gmail.com  
or call 508-866-4698 x3**

### FOOD PANTRY

Shane Gives Thanks - 128 Main St.  
Tues./Thurs - 8 - 1  
\*Wed 1 - 4  
Sat/Sun/Mon - Closed  
\*Wed. is Veteran's Shopping Day  
508-866-7673

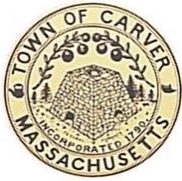
### MEALS ON THE MOVE

The COA provides prepared meals  
for homebound elders.  
Monday - Friday  
**Daily Cost: \$3.00**  
Call the Nutrition Center at  
508-866-4698 x 4

### SHINE PROGRAM

**Health Insurance Counseling**  
Appointments with SHINE Counselor  
Erina Marcolini are scheduled for  
Wednesdays from 9:00 am -12:00 pm  
**Please email for an appointment  
to: shine.marcolini@gmail.com  
or call 508-866-4698 x3**





CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts  
U.S. Postage PD  
#37  
Carver, MA 02330



# NOVEMBER 2021



SUN	MON	TUE	WED	THU	FRI	SAT
<b>Turkey Luncheon</b> Tickets go on sale in the Nutrition Center Monday November 1st	<b>1</b> Chair Yoga <u>10:00 am</u> Lunch 11:30 am <b>SINGO! 12:00 pm</b> Tai Chi 1:00 pm	<b>2</b> Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Oil Painting 1:00 pm	<b>3</b> Thankful Stone <u>10:00 am</u> Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	<b>4</b> Lunch 11:30 am <b>BINGO 12:30 pm</b>	<b>5</b> Lunch 11:30 am <b>Line Dancing 1:00 pm</b>	<b>6</b>
<b>7</b> End Daylight Savings	<b>8</b> Chair Yoga <u>10:00 am</u> Lunch 11:30 am Tai Chi 1:00 pm	<b>9</b> Wellness Clinic Coffee w/ the Chief <u>10:30 am</u> Lunch 11:30 am Pilgrim Journey <u>12:30pm</u> Oil Painting 1:00 pm	<b>10</b> Embellished Tray <u>10:00 am</u> *Lunch 11:30 am *Free for senior Vets Rummikub 12:00 pm Acrylic Painting 5:00	<b>11</b>  <b>CLOSED</b>	<b>12</b> Good Grief Workshop <u>10 - 11:30</u> Lunch 11:30 am <b>Line Dancing 1:00 pm</b>	<b>13</b>
<b>14</b>	<b>15</b> Chair Yoga <u>10:00 am</u> Lunch 11:30 am Tai Chi 1:00 pm	<b>16</b> Wellness Clinic 9:30 - 11:30 am Harvest Pancakes <u>10:00 am</u> Meet Heidi <u>10:00</u> Lunch 11:30 am Oil Painting 1:00 pm	<b>17</b> No Crafts <b>Turkey Luncheon 11:30 am</b> No Rummikub Acrylic Painting 5:00	<b>18</b> Lunch 11:30 am <b>BINGO 12:30 pm</b>	<b>19</b> Lunch 11:30 am	<b>20</b> <b>Friends Book Sale Fundraiser 9-1</b>
<b>21</b>	<b>22</b> Chair Yoga <u>10:00 am</u> Lunch 11:30 am Tai Chi 1:00 pm	<b>23</b> Wellness Clinic 9:30 - 11:30 am iPad <u>10:00 am</u> Lunch 11:30 am Oil Painting 1:00 pm	<b>24</b> Adult Coloring Turkey <u>10:00 am</u> Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	<b>25</b> Thanksgiving Day <b>CLOSED</b>	<b>26</b> Black Friday <b>CLOSED</b>	<b>27</b>
<b>28</b>	<b>29</b> Chair Yoga <u>10:00 am</u> Lunch 11:30 am Tai Chi 1:00 pm	<b>30</b> Wellness Clinic Red Cross Presentation <u>10:00</u> Lunch 11:30 am Sound of Music <u>12:30 pm</u> Oil Painting 1:00 pm	 <i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs. To help reduce the costs of printing and mailing please consider receiving your newsletter by email! Sign up at: <a href="mailto:COANews@carverma.org">COANews@carverma.org</a>. Thank you!</i>			<b>Don't Forget the Friends Holiday Craft Fair Saturday, December 4th from 9 - 1</b>